

2024
TRAMPOLINE
& DMT
CHAMPIONSHIPS



COMPETITION STRUCTURE

2ND-3RD MARCH 2024
UNIVERSITY OF WARWICK

TRAMPOLINE

BUCS FIG LEVEL

QUALIFYING ROUND

Two voluntary exercises. The highest scoring exercise will count towards qualification to the Final.

Each exercise must comprise 10 different elements of 270° somersault rotation or greater. The same exercise may be repeated.

A maximum of two body landings may be performed in each exercise. Performing more than two body landings in an exercise will result in an interruption.

Minimum Difficulty: 8.0

Maximum Difficulty: Unlimited

FINAL ROUND

One voluntary exercise.

A maximum of two body landings may be performed. Performing more than two body landings in an exercise will result in an interruption.

Minimum Difficulty: 8.0

Maximum Difficulty: Unlimited

BUCS PERFORMANCE LEVEL

FIRST EXERCISE

One voluntary exercise of 10 different elements, with at least 9 somersaults of 270° somersault rotation or greater.

The performance of triple somersaults is prohibited and will result in disqualification.

SECOND EXERCISE

Minimum Difficulty: 5.5

Maximum Difficulty: 7.9

The performance of triple somersaults is prohibited and will result in disqualification.

BUCS LEVEL 1

FIRST EXERCISE

One voluntary exercise of 10 different elements with at least 7 somersaults of 270° somersault rotation or greater.

The exercise must include at least one of the following:

- An element of 270° of somersault rotation, landing on front or back, followed by an element of 450° somersault rotation;
- Full twisting back somersault; or
- Rudi.

Somersaults exceeding 630° of rotation are prohibited and will result in disqualification.

SECOND EXERCISE

Minimum Difficulty: 3.9

Maximum Difficulty: 5.4

Somersaults exceeding 630° of rotation are prohibited and will result in disqualification.

BUCS LEVEL 2

FIRST EXERCISE

Option 1	Option 2
¾ back s/s to front (S)	Back s/s (S)
To feet	Barani (S)
Straddle jump	Straddle jump
Back s/s (P)	Back s/s (T)
Barani (P)	Barani (T)
Tuck jump	Pike jump
Barani (T)	½ twist jump
Back s/s (T)	Tuck jump
Pike jump	¾ front s/s to back (S)
Full twist jump	½ twist to feet

SECOND EXERCISE

Minimum Difficulty: 2.9

Maximum Difficulty: 3.8

Somersaults exceeding 360° of rotation and 180° of twist are prohibited and will result in disqualification.

BUCS LEVEL 3

FIRST EXERCISE

Option 1	Option 2
Back s/s (S)	Back s/s (P)
Straddle jump	Straddle jump
Barani (T)	Back s/s (T)
Tuck jump	Pike jump
½ twist jump	½ twist jump
Pike jump	Tuck jump
Back landing	½ twist to front
½ twist to feet	To feet
Tuck jump	Tuck jump
Front s/s (T)	Barani (P)

SECOND EXERCISE

Minimum Difficulty: 2.1

Maximum Difficulty: 2.8

Somersaults exceeding 360° of rotation and 180° of twist are prohibited and will result in disqualification.

BUCS LEVEL 4

FIRST EXERCISE

Option 1	Option 2
Back s/s (T)	Back s/s (P)
Straddle jump	Straddle jump
Seat landing	½ twist to seat
½ twist to seat	½ twist to feet
½ twist to feet	½ twist jump
Pike jump	Tuck jump
Back landing	Front landing
½ twist to feet	To feet
Tuck jump	Pike jump
Front s/s (P)	Front s/s (T)

SECOND EXERCISE

Minimum Difficulty: 1.6
Maximum Difficulty: 2.0

There may be a maximum of two somersaults, not exceeding 360° of rotation and without twist.

BUCS LEVEL 5

FIRST EXERCISE

Option 1	Option 2
Full twist jump	Back s/s (T)
Straddle jump	Straddle jump
Seat landing	Seat landing
½ twist to seat	½ twist to seat
½ twist to feet	½ twist to feet
Pike jump	Tuck jump
Back landing	½ twist to front
½ twist to feet	To feet
Tuck jump	Pike jump
Front s/s (T)	Full twist jump

SECOND EXERCISE

Minimum Difficulty: 1.2
Maximum Difficulty: 1.5

There may be a maximum of one somersault, not exceeding 360° of rotation and without twist.

BUCS LEVEL 6

FIRST EXERCISE

Option 1	Option 2
½ twist jump	Full twist jump
Straddle jump	Straddle jump
Seat landing	Seat landing
To feet	½ twist to feet
½ twist jump	Pike jump
Pike jump	Seat landing
½ twist to seat	To feet
½ twist to feet	Tuck jump
Tuck jump	Front landing
Full twist jump	To feet

SECOND EXERCISE

Minimum Difficulty: 0.5
Maximum Difficulty: 1.1

Somersault rotation must not exceed 90° and contain no more than 180° of twist.

BUCS DISABILITY

QUALIFYING ROUND

Any ten-element exercises as permitted in any category in the British Gymnastics Disability Technical Requirements 2023.

A first and second exercise should be performed in accordance with the requirements of the applicable level.

Difficulty will be awarded in the second exercise.

Time of Flight will not be included.

FINAL ROUND

One exercise per any of the above criteria.

Difficulty will be awarded.

Time of Flight will not be awarded.

INDIVIDUAL TRAMPOLINE FINAL ROUND

The top 8 ranked competitors in all individual categories will perform one exercise. All scores will start from zero unless there are 8 or fewer competitors in the qualifying round, in which case scores will be cumulative for that category. Guests may qualify for and compete in the final round, but will not displace a student competitor (i.e. they will compete in the final in addition to the top 8 student competitors), and cannot medal.

The final round exercise should be compliant with the second exercise requirements for each level. FIG competitors may perform any exercise compliant with the final round requirements.

TRAMPOLINE SPECIFIC RULES

Failure to meet requirements or the minimum difficulty in an exercise shall result in a 2.0 penalty per occurrence in that exercise. For prescribed compulsory exercises, deviation shall be deemed an interruption.

Performing a difficulty above the maximum value or exceeding requirements in an exercise for that level shall result in disqualification.

Unless otherwise stated in this structure, Time of Flight will be included for all levels.

SYNCHRONISED TRAMPOLINE

SYNCHRONISED LEVEL 1	SYNCHRONISED LEVEL 2	SYNCHRONISED LEVEL 3
BUCS FIG Level		BUCS Level 4
BUCS Performance Level	BUCS Level 2	BUCS Level 5
BUCS Level 1	BUCS Level 3	BUCS Level 6

A first and second exercise will be performed at the category of the lowest level competitor in the pair. There will be a qualifying round only.

BUCS Disability competitors should enter the synchronised level that corresponds to the equivalent individual level requirements of their individual competition exercises.

The exercises/requirements for the first and second exercises will match those of the individual event. Difficulty will be included for the second exercise only. Pairs may comprise mixed genders and levels, but both individuals must be within the category ranges specified above (and each individual in compliance with the entry matrix). Failure to adhere to these requirements will result in disqualification.

Pairs of BUCS FIG Level competitors may perform two of the same, or two different exercises, provided that the minimum difficulty is met in each exercise. Difficulty will be included in the second exercise only.

BUCS KNOCKOUT

ELIGIBILITY

All student competitors entered to any individual trampoline category will be automatically eligible to compete in BUCS Knockout. Guest entries will not be permitted to compete in BUCS Knockout.

After every individual category has been completed, competitors will be ranked by their single highest scoring exercise from the weekend (qualifying round exercises only). The top 8 male, and top 8 female competitors are invited to compete in BUCS Knockout.

There is a limit of one male and one female competitor per institution. If a competitor has someone from the same institution and gender qualify ahead of them, or a competitor does not accept their invitation into BUCS Knockout, their position will be offered to the next competitor in the list who satisfies the criteria.

FORMAT

The 16 competitors in BUCS Knockout will be seeded to compete against each other in the Round of 16 with 1st place competing against 16th place, 2nd against 15th etc. The exercise requirements for each round are as follows:

Round of 16	Quarter Final	Semi Final	Final
2 elements	5 elements	10 elements	10 elements

If an element is repeated within the same exercise, it shall be deemed an interruption. There are no restrictions on repeating elements between exercises. There is no minimum or maximum difficulty for any exercise.

The lowest ranked competitor will compete first out of each pair. The score for each exercise will consist of Execution, Difficulty, Time of Flight and Horizontal Displacement.

The competitor with the highest scoring exercise from each head-to-head will proceed to the next round. In the event of a tie, the highest ranked competitor will proceed to the next round except in the final where both competitors will rejump.



TEAM TRAMPOLINE

OVERALL TEAM

The three highest total scores from the qualification round (first exercise plus second exercise) by competitors from the same institution, across all levels, will be added together for overall Men's and Women's team scores.

One team per institution per gender will be counted.

BUCS FIG Level competitors will have both qualifying round exercise attempts counted for the purpose of the team event, with the lowest difficulty of the two attempts discounted.

EXECUTION TEAM

The three highest scores consisting of Execution + Horizontal Displacement only, from the qualification round (first exercise plus second exercise) by competitors from the same institution, across all levels and gender categories, will be added together for Execution Team scores.

One mixed gender team per institution will be counted.

BUCS FIG Level competitors will have both qualifying round exercise attempts counted for the purpose of the Execution Team event.

ALLOCATION OF BUCS POINTS - TRAMPOLINE

INDIVIDUAL TRAMPOLINE FIG LEVEL (MEN AND WOMEN)

Position	1 st	2 nd	3 rd	4 th
Points Awarded	12	8	6	4

SYNCHRONISED TRAMPOLINE LEVEL 1

Position	1 st	2 nd	3 rd	4 th
Points Awarded	12	8	6	4

OVERALL TEAM (MEN AND WOMEN)

Position	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Points Awarded	20	14	10	7	5	3	2	1

DOUBLE MINI-TRAMPOLINE

BUCS FIG LEVEL

QUALIFYING ROUND

Two voluntary exercises.

Minimum Round Difficulty: 5.6

Any repeated element(s) will result in the difficulty for the repeated element(s) not being counted. An element performed in a different part of an exercise will not be deemed a repeat (mount, spotter, or dismount).

FINAL ROUND

Two voluntary exercises.

Minimum Round Difficulty: 5.6

Any repeated element(s) will result in the difficulty for the repeated element(s) not being counted. An element performed in a different part of an exercise will not be deemed a repeat (mount, spotter, or dismount). Gymnasts may repeat exercises from the qualifying round without penalty.

BUCS PERFORMANCE LEVEL

QUALIFYING ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Back s/s (S)	Barani (S)	1.3
2	Barani (S)*		Full	1.6
	Round Difficulty			2.9

*May be performed as either a mount or spotter element.

FINAL ROUND

Two voluntary exercises.

Minimum Round Difficulty: 2.9

Maximum Round Difficulty: 5.5

Any repeated element(s) will result in the difficulty for the repeated element(s) not being counted. An element performed in a different part of an exercise will not be deemed a repeat (mount, spotter, or dismount). Gymnasts may repeat exercises from the qualifying round without penalty.

BUCS LEVEL 1

QUALIFYING ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Back s/s (P)	Barani (T)	1.3
2	Barani (P)*		Back s/s (T)	1.2
			Round Difficulty	2.5

FINAL ROUND

	Mount	Spotter	Dismount	Difficulty
1	Barani (T)*		Back s/s (P)	1.3
2	-	Back s/s (T)	Barani (S)	1.3
			Round Difficulty	2.6

*May be performed as either a mount or spotter element.

BUCS LEVEL 2

QUALIFYING ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Tuck jump	Front s/s (T)	0.5
2	-	½ twist jump	Back s/s (T)	0.7
			Round Difficulty	1.2

FINAL ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Pike jump	Front s/s (P)	0.6
2	-	Back s/s (T)	Tuck jump	0.5
			Round Difficulty	1.1

BUCS LEVEL 3

QUALIFYING ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Tuck jump	Full twist	0.4
2	-	Pike jump	½ twist	0.2
Round Difficulty				0.6

FINAL ROUND

	Mount	Spotter	Dismount	Difficulty
1	-	Full twist	Pike jump	0.4
2	-	Straddle jump	½ twist	0.2
Round Difficulty				0.6

DMT SPECIFIC RULES - VOLUNTARY EXERCISES

BUCS FIG & BUCS Performance Level

Below minimum round difficulty:

2.0 penalty (in second exercise)

BUCS Performance Level

Above maximum round difficulty:

Disqualification

Difficulty will be included for all exercises.

DMT SPECIFIC RULES - COMPULSORY EXERCISES

Deviation from prescribed requirements shall be deemed an interruption.

Difficulty will be included for all exercises.

FINAL FORMAT

The top 8 competitors in all categories will compete two exercises in the final round. All scores will start from zero unless there are 8 or fewer competitors in the qualifying round, in which case scores will be cumulative for that category. Guests may qualify for and compete in the final round, but will not displace a student competitor (i.e. they will compete in the final in addition to the top 8 student competitors), and cannot medal.

ALLOCATION OF BUCS POINTS - DMT

DOUBLE MINI-TRAMPOLINE FIG LEVEL (MEN AND WOMEN)

Position	1 st	2 nd	3 rd	4 th
Points Awarded	12	8	6	4